GOOD NEWS FOR HOMEMAKERS

By:
Shirley W. Walton
Extension Agent

SAVE ON VEGETABLES AND FRUITS

Buy fresh produce in season when supplies are high, prices low, and flavor and nutrition are at their peak. Fruits usually plentiful now include apples, avocados, bananas, grapefruit, lemons, oranges, pears, tangelos and tangerines. Vegetables that are generally in good supply include broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, eggplant, green peppers, greens, hard shelled squash, lettuce, mushrooms, onions, parsnips, potatoes, rutabagas, spinach, turnips.

Compare the price of frozen and canned fruits and vegetables when their fresh counterparts are in season. Sometimes the frozen or canned produce costs less.

Choose canned fruits and vegetables by grade, if possible. These grades, which may be indicated on the can label, are based on looks or size of the pieces, not on nutritional value. Grade A is fancy; Grade B, choice; and Grade C, standard. Where appearance is not important, buy Grades B or C.

Store fresh vegetables and fruits properly and use them in time to make the most of their food value.

Hard-shelled squash, onions, potatoes, rutabagas--store at coolest room temperature or in a cool basement. Don't put them in cupboards over the range or close to the refrigerator's exhaust. Keep dry. Store other vegetables and fruits in the vegetable section of the refrigerator, wrapped in the orginial store package.

Don't wash fruits and vegetables before storing--moisture encourages spoilage.

Use vegetables and fruits within this time: Broccoli, Brussels sprouts, eggplant, green onions, greens, lettuce, mushrooms, spinach --1 to 2 days.

Cauliflower, celery, green peppers--3 to 5 days. Green or red cabbage, carrots, onions, parsnips, potatoes, rutabagas, turnips--1 to 2 weeks. Hard shelled squash--can be stored several months. Apples, grapefruit, lemons, oranges, tangelos, tangerines--1 to 2 weeks. Avocados, pears--3 to 5 days. Bananas (ripe)---2 to 3 days.

Note: More information on how to save food dollars next week.

RECIPE OF THE WEEK
NO CRUST COCOANUT PIE

4 eggs beaten
2 cups whole milk
1 tsp. vanilla
1/2 stick butter or margarine, (Melted)
1 3/4 cups sugar
1/2 cup self-rising flour
7 oz. can angel flake cocoanut

Mix ingredients as listed. Bake in a pie pan 30 to 40 minutes at 350°. Makes 2 pies. This pie makes its own crust.

Community Resource Persons: Valuable Tool For Learning

In Social Studies, the fourth year students at the Appomattox Primary School are studying Great Britain and the world. To enrich their program, Mrs. Richard Robinson presented England from a tourist's point of view, in picture at the top.

Mrs. Claude Carr spoke as a native and pointed out many facinating things about England, shown in center picture.

Moray Peoples emphasized the ancient customs of the English people and how these traditions influenced our culture, shown in bottom picture.

Revival To Begin At Evergreen Baptist Church

Evergreen Baptist Church will hold a revival beginning on Sunday, April 7th, at 7:45 p.m. and continuing through Friday, April 12th.

The Rev. Jerry White will be the guest speaker for the reivival services.

The public is invited to attend.

Independent Virginians To Meet Saturday

Delegate Howard Carwile, Independent, will be in Farmville on April 6th (Saturday) as guest speaker for a meeting of the Independent Virginians For Political Action at 11:00 a.m. in the Weyanoke Hotel.

All conservative independents are invited to attend.

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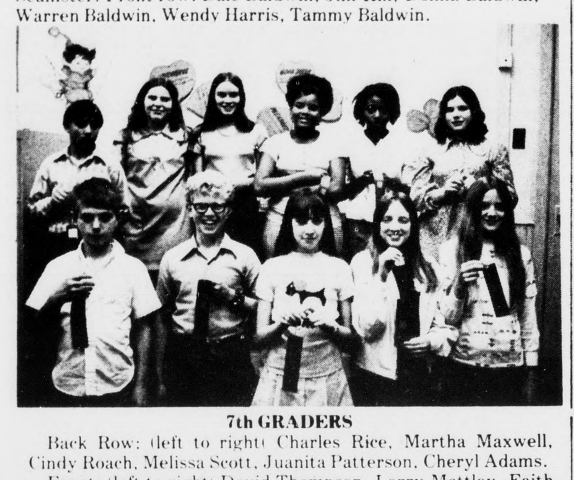
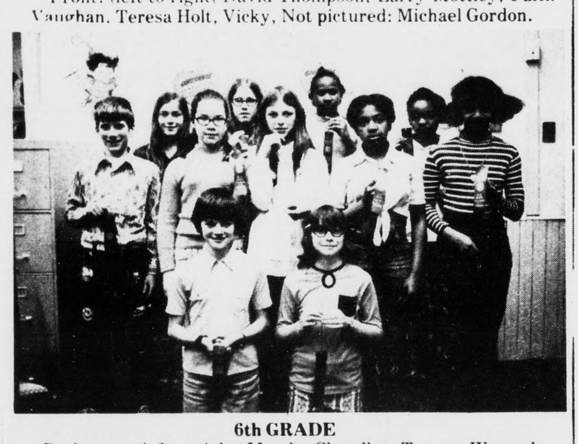
Pamplin Elementary 4-H Share-The-Fun

4th GRADE
Back Row: (left to right(Mike Hipps, Cynthia Gilliam, Shirley Chambers, Tina Atkins, Carol Reed. 2nd Row: Carolyn Morgan, Dale Glover, Angie Murray, Denise Jackson, Mike Seamster. Front row: Dale Baldwin, Jim Hix, Donna Baldwin, Warren Baldwin, Wendy Harris, Tammy Baldwin.

Back (left to right): Brenda Robinson, Clara Baker, Karen Basemore, Sybil Franklin, Jean Thomas, Jane Almond, Jeanette Hipps; Front: Sue Price, Tammy Williams, Timmy Tolley, Jonathan Pickett, Crystal Ferguson. Not pictured: Keith Dickerson.



7th GRADERS
Back Row: (left to right(Charles Rice, Martha Maxwell, Cindy Roach, Melissa Scott, Juanita Patterson, Cheryl Adams. Front: (left to right(David Thompson, Larry Mottley, Faith Vaughan, Teresa Holt, Vicky, Not pictured: Michael Gordon.



6th GRADE
Back row:: (left to right(Martha Chandler, Tammy Womack, Barbara Miller, Vickie Gilliam; 2nd Row: Steve Cobb, Barbara Watson, Vera Kress, Diane Daniel, Charitta Ferguson; Front: Debbie Roach, Shelby Smith.

On Thursday, March 28, Pamplin Elementary School held its 1974 4-H Share-the-Fun program. Fifty-four 4-H members participated in the 24 acts that were presented. Seven "Blue Ribbon" acts were chosen from the panel of three judges: (Al Johnson, Donna Paulette, Paula Franklin) to appear in the county Share-the-Fun program on April 5. These acts were: a piano solo by Jane Almond; a skit called "The First Day of School" by Sue Price, Crystal Ferguson and Jean Thomas; a skit called "The Last Day of School" by Timmy Tolley, Keith Dickerson, Jonathan Pickett, and Tommy Williams; a piano solo by Steve Cobb; a combination vocal and piano duet by Cindy Roach and Faith Vaughan; and a vocal quartet consisting of Tammy Womack, Vicky Reed, Teresa Holt, Martha Chandler, accompanied by Cheryl Adams; a piano solo by Sybil Franklin.

Other 4-Hers taking part included **4th graders:** Shirley Chambers, Cynthia Gilliam, Carolyn Megginson, Denise Jackson, Donna Baldwin, Jim Hix, Dale Baldwin, Dale Glover, Mike Hipps, Mike Seamster, Warren Baldwin, Wendy Harris, Tina Atkins, Tammy Baldwin, Carol Reed, and Angie Murray. **5th graders;** Brenda Robinson, Karen Basemore, Clara Baker, and Jeanette Hipps. **6th graders:** Barbara Miller, Diane Daniels, Shelby Smith, Debbie Roach, Angie Richardson, Debbie Baldwin, Barbara Watson, Vickie Gilliam, Loretta Tolbert, Verta Kress and Charitta Ferguson. **7th graders:** Michael Gordon, Juanita Patterson, David Thompson, Charles Rice and Larry Mottley.

Ribbons were awarded to all participants.

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[4]-H Share-the-[F]un, AIS

On Tuesday and Thursday of [last] week, 4-H members at the Appomattox Intermediate School participated in 4-H Share-the-Fun Programs. Eighty [thr]ee students took part in the acts that were presented. [Tw]elve acts were chosen to [com]pete in the County Share-the-Fun Program on April 5.

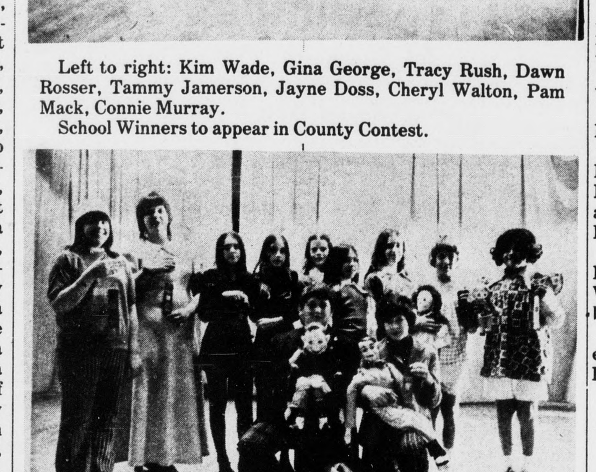
Acts appearing in the County [con]test will be: a piano solo by [Ki]m Wade; a puppet dance and [son]g by Gina George, Tracy [Ru]sh, and Dawn Rosser; a [pia]no solo by Cheryl Walton; a [pan]tomine by Connie Murray; a [voc]al solo by Pam Mack; a [pia]no duet by Tammy Jamerson and Jayne Doss; a [pan]tomine by Gay Berryman; a [...] dance by Sharon Guill and [Sus]an Campbell; a piano solo by [Pol]ly Carter; a ventriloquist act [by] S.L. Ferguson and Timmy [Ma]rshall; an instrumental trio [con]sisting of Sandra Ferguson, [Pam] Guill and Laurie McLean; [and] a vocal act by Tony [Fe]rguson and Ernie Chenault.

In addition to the above [part]icipants, 4-Hers taking part [in] the programs were: Dean [...], Ralph Totty, Deryl [...]lliday, Dennis Stratton, [...]gina Culpepper, Annie Math[...], Mary Franklin, Emmett [...]mond, Marshall Thompson, [...]vin Martin, Kathy Lewis, [...]an Shorter, Tammy Bates, [...]bin Martin, Sheri McGuire, [...]a Mann, Steve Connor, Rob[...]wart, Lisa Franklin, Cyn[...] Lawhorn, Joe Hamlett, [...]nard McCormick, Herbert [...]en, William Scott, Norma [...]ncock, Therese Johnson, [...]erie McCoy, Brenda Cole[...], Rita Ferguson, Tammy [...]guson, David Caldwell, Lisa [...]ore, Annette Carter, Connie [...]ylor, Pam Taylor, Linda [...] John, Melinda Davis, Linda [...]rrence, Gary Campbell, Jeff [...]rtin, Craig Smith, Danny [...]rvey, Robbie Carter, Pam [...]tkins, Carolyn Magginson, [...]kie Franklin, Arlene Kidd, [...]nda Forest, Margie Cole[...], Gay Berryman, Sharon [...]ite, Robin Spiggle, Tina [...], Billy Martin, Sharon [...]ch, Missy Hervey, Donna [...]odenizer, Cliff Rhodenizer, [...] James Vaughan, Dolly [...]ompson, Caretha Brooks, [...]ndy Brooks, Agnes Lewis [...] Helen Coleman.

Ribbons were awarded to all [part]icipants by the judges. [Jud]ging the Share-the-Fun [pro]gram were Mary Parris, [Pau]la Franklin, Cindy Guill, [Ter]eass Lively, Mike Hancock, [an]d Al Johnson.

Appomattox Intermediate School Participants from 5th Grade.

Left to right: Kim Wade, Gina George, Tracy Rush, Dawn Rosser, Tammy Jamerson, Jayne Doss, Cheryl Walton, Pam Mack, Connie Murray.
School Winners to appear in County Contest.



Left to right: (Front) S. L. Ferguson, Timmy Marshall. Back: Gay Berryman, Polly Carter, Susan Campbell, Sharon Guill, Sandra Ferguson, Pam Guill, Laurie McLean, Tony Ferguson, Ernie Chenault.

[S]ign-Up Set For [C]onservation

The sign-up for area farmers [to] start conservation work [un]der long term agreements on [f]ederal cost-sharing has been [se]t for a seven week period [fr]om March 11 to April 30, 1974 [J]ames H. Ford, Jr., Chairman [of] the Appomattox County [A]gricultural Stabilization and [C]onservation Service committee reported.

Mr. Ford said the long term [ag]reement--3 to 10 years--is a [p]rovision of the new Rural [E]nvironmental Conservation [P]rogram (Recp) announced by [th]e U. S. Department of [A]griculture last December. He [sa]id the opportunities are very [e]xtensive under the long-term [ag]reements because they guar[an]tee funds for a number of [y]ears, and will deal with the [w]idest variety of rural conser[v]ation practices for the public [b]enefit on record. However, the [p]rogram requires that the [f]armer come in during the [s]even week period to sign up, [th]at he bring an approved [c]onservation plan for his farm, [an]d that he be able to assure [st]arting his development this [y]ear.

The RECP conservation [m]easures will take into account [a]ll aspects of soil and water [c]onservation, affects on near-by [ar]eas, and the needs of the areas by man, animals and wildlife. Both the Soil Conservation Service and the Forest Service will provide technical services and planning assistance.

The Chairman said approval of long-term agreements will be on a priority basis because $4427.00 has been targeted for these agreements from the total $12,000.00 RECP funds allocated this year for Appomattox county. The cost sharing has been set at 50% on all costs incurred, including labor.

The sign-up from March 11 to April 30 does not apply to the one-year agreements or the Forestry incentive practices of the RECP. However, Mr. Ford said the ASCS office also encourages others farmers and landowners to sign up for these two programs as early as possible because of the late start this year.

The opportunities in the program are available without regard to race, color, creed, national origin or sex.

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Bids Requested by Rescue Squad

The ACRS, having realized the necessity for additional space for storing equipment and vehicles, is ready to distribute plans for an addition to their present building.

Any building contractor wishing to obtain a set of plans in order to submit a bid on the building addition is asked to contact Jimmy Rogers, Grover Beasley, Jr., Pete Doss or Ray Noble before April 10th.

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County Line

Mr. and Mrs. Pete Banton and Phillip of Lynchburg, spent the weekend with Mr.and Mrs. Emery Mullins and Paul.

Mr. and Mrs. Elex Cyrus visited Mr. and Mrs. Emery Mullins Sunday afternoon.

Mr. Emery Mullins visited Mr. Roy Mays Sunday evening.

Mr. and Mrs. John Lauter visited in the home of Emery Mullins over the weekend.

Our community was saddened last week to hear of the death of Mr. Floyd Fleshman.

Mrs. Elliott Nash and Dawn Kerr spent Sunday with Mr. and Mrs. H.D. Jennings and Carroll of Lynchburg.

Mr. and Mrs. Emery Mullins visited Mr. and Mrs. Raymond Mullins and son Sunday night. Mrs. Nelson Mann and Mike spent Thursday with Mrs. Elliott Nash and Dawn.

Mrs. Carroll Mann and Robin visited Mr. and Mrs. Henry Mann and Ryland Sunday.

Little Missy Layne spent the weekend with her grandparents Mr. and Mrs. Richard Nash.

Mrs. Roy Layne and Mrs. Richard Nash visited Mr. and Mrs. David Carson Sunday night.

Mrs. Evelyn Torrence visited Mr. and Mrs. Elliott Nash Friday evening.

R.L. Cordell has mumps last week.

Mrs. Vernie Jones visited Mrs. Virginia Moore last week.

Mr. and Mrs. Vernie Jones, Mr. Jim Waller, Mr. Nelson Mann and Mr. Henry Mann attended the funeral of Mr. Floyd Fleshman Sunday.

Mr. Curtis Mayberry and Mr. Dean Pugh are on the sich list. We hope they will soon be better.

Mr. Floyd Smith went to an eye doctor in Lynchburg Friday.

First Baptist

THE SEVEN LAST WORDS

The Seven Last Words Cantata will be presented at the First Baptist Church Sunday at 7:30 p.m., sponsored by the Intermediate Class. The public is cordially invited.

The Baby Contest and the Million Dollar Wedding came to a close Sunday. 1st Prize went to Miss Tamera Turner, daughter of Mr. and Mrs. Burnetta Turner of Spout Spring. 2nd prize went to Miss Stacy Goode, daughter of Mr. and Mrs. Elizah Goode; 3rd prize went to Miss Tracy Tuckedr, daughter of Mr. and Mrs. Melvin Tucker of Baltimore, Md.

The winners of the wedding were: bride, Miss Lawrence Watkins, daughter of Mr. and Mrs. Harry Watkins; Groom, Master Gilbert Preston, son of Mr. and Mrs. John Preston.

The program was for the benefit of Youth Choir and Sunday School.

Mrs. Hamlet wishes to thank each and every participant.

Mr. and Mrs. Marshall Carter, of Richmond, visited Mrs. Ella Brown and family Sunday.

Rev. Davis and the First Baptist Church will render services at C St. Baptist Church Sunday at 11 a.m. The members will leave from the church at 10 a.m.

All members of the Ladies Aide are asked to please be present on April 9th at 7 p.m.

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Endorsed Proposed Regional Investigation Squad Agreement

Cont'd from Page 1

The information provided will determine the magnitude, type and general location of airport facilities and operational requirements of a system of airports to serve the air transportation needs of the area.

Preliminary approval of how the study is to be made must be given by the FAA and the State Corporation Commission's Division of Aeronautics.

4-H SHARE THE FUN

Cont'd from Page 1

contests. Senior members (14-19) will be presenting talent acts on Friday. Ribbons will be awarded to all participants with the top Junior act receiving a scholarship to 4-H Camp, donated by the Appomattox Farm Bureau Women's Committee; ,and the top Senior Act will receive a scholarship to State 4-H Congress, provided by the Virginia Association of Rural Electric Cooperatives.

Plan to come and enjoy an evening of some of the best young talent in Appomattox.

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Noonday Worship Set For Holy Week

Cont'd from Page 1

will be held in several churches on Thursday evening. Worshippers are encouraged to check their church's schedule.

Holy Week concludes with Easter. The community will hold a Sunrise Service at Memorial United Methodist Church at 6:30 a.m. Mr. Riley will preach and will be assisted by other local clergy.

The focus of attention for the week will be on Jesus and the events in which he was involved. In a sense, one will re-trace our Lord's steps, from his triumphal entry into Jerusalem, to the cross, to the empty tomb. Getting ready for a special event in our life is important. The community worship of the week will be directed at preparation for Easter and life and hope.

All services are open to the public.

8th & 9th 4-H'ers

The president callled the meeting to order and pledged allegiance to the flags. Then the secretary read the minutes of the last meeting. The president called for the old business. Mr. Sweet talked about the demonstration on April 20, 1974, pine seedlings, projects, and share the fun which was held last Thursday. Then the president called for new business. Mr. Goldman talked about camp, and senior camp, livestock, and passed around sheets on Wildlife feed patch. The meeting was then turned over to Mr. Sweet. He handed out sheets on the demonstrations which will be held on April 20. Then Mr. Goldman gave a demonstration.

The meeting was adjourned.

Billy Martin, reporter

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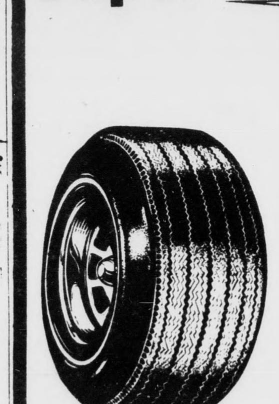

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8.25 - 14	[8.00 - 14]	27.58	2.32
8.55 - 14	[8.50 - 14]	28.45	2.47
7.75 - 15	[6.70 - 15]	26.59	2.15
8.25 - 15	[8.15 - 15]	27.47	2.34
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